

DUKKHA that must be fully understood

Duk "bad" kha "void of happiness or self"

SUFFERING THAT ENDS ALL SUFFERING
THE TRUE COMPASS OF OUR PRACTICE

Unless we know and see Dukkha, we have little reason to practise. When we truly understand Dukkha, it puts our practice immediately back on track.

Buddha taught Suffering and End of Suffering. This is only possible when we understand what Dukkha is.

THE 5 AGGREGATES OF CLINGING IS SUFFERING

DUKKHA IS THE CONSTANT OPPRESS AS SEEN THROUGH THE RAPIDLY ARISING AND PASSING AWAY OF MENTAL AND PHYSICAL PHENOMENA.

ONLY WHEN WE ARE ABLE TO SEE THIS :

- we can experience dispassion
- we can say we really understand what dukkha means (that which is difficult to bear)
- the desire to liberate oneself really arises and letting go is possible
- your knowledge is independent on others (on texts or teachers)

EVERY ARISING IS THE ARISING OF SUFFERING

EVERY PASSING AWAY IS THE CESSATION OF SUFFERING

These Aggregates when grasped at, when held as "I, me or mine" are suffering. This non clinging is possible only when we see the constant arising and passing away of physical and mental phenomena - seeing the aggregates as they are, dynamic processes, rather than to see self in the processes of birth, old age and death.



Sayalay Susila

Two **Insight Knowledges** are important to all serious meditators. Yogis must constantly put effort to cultivate them.

1. observing the constant arising and passing away of physical and mental phenomena.
2. dispassion arising when we are able to observe the above.